



Who is a WIC Breastfeeding Peer Counselor?

She is a mom just like you! She is a mom from your community that breastfed her own baby. She knows what it is like to be a new mother! And she will be there to answer your questions and offer you her support.

For more information contact
Arkansas WIC Nutrition and Breastfeeding

1-800-445-6175
www.healthyarkansas.com/breastfeeding



The WIC program is an equal opportunity provider and employer.

Breastfeeding Peer Counselors

Moms Helping Moms





What do Breastfeeding Peer Counselors do?

Breastfeeding Peer Counselors share personal breastfeeding experiences and offer breastfeeding support. They offer support, either one-on-one or in group meetings where you can meet other breastfeeding mothers. They are there when you need them in the early days and weeks when everything seems so new.

How can your Breastfeeding Peer Counselor help you?

How you feed your baby is a very personal choice. Breastfeeding Peer Counselors are there to give you all the information you need to make your decision. Then, they answer your questions and support your decision-whatever you decide.

Your Breastfeeding Peer Counselor can:

- Give you information you need to get off to a good start.
- Show you how to hold a breastfeeding baby.
- Listen to your concerns.
- Help you plan how breastfeeding can work when you return to work or school.
- Be there for you when things don't go as you planned.



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Quotes from Breastfeeding Moms

"Kim, I just wanted to thank you for all of your help with breastfeeding. I was feeling depressed the day I came home from the hospital and stressed about breastfeeding. After I got off the phone with you I felt so much better. I really think I may have given up if I had not had you to talk me through it!"

"My son was 3 weeks early. I had my birth plan all written up and was determined that this baby would be breastfed. I was devastated when he wouldn't latch. We went home and there was no breastfeeding support that I could find. I called the WIC office and they put me in contact with Leisa. Leisa came over and got him latched on first try. I was so happy!"

"My peer counselor offered me breastfeeding tips that she used breastfeeding her own children, so I knew they were tried and true. I felt so much more comfortable knowing that I had another mom showing me how to feed my baby!"

"I would not have breast fed my son for thirteen months without support and advice from Karen's support group. I probably wouldn't have tried without my peer counselor!"

"Any question I have, no matter how stupid it seems to me, my Peer Counselor has an answer for. Her enthusiasm is simply inspirational. I was very iffy about breastfeeding at first, but after talking with her, I knew that it was not only the right thing to do for my baby, but that it was right for me!"

"I have breastfed both of my children and what a joy it was! It wasn't easy at first, but it helped knowing I could count on my Breastfeeding Peer Counselor, Leisa, to get me through the tough times and answer any questions I had."